

SPICY MARINATED CHICKEN IN ONION SAUCE

**2 MEDIUM ONIONS, CHOPPED FINELY (1/2 CUP)
1/2 CUP LIME JUICE
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER**

**1 1/2 POUNDS STIR FRY CHICKEN
3 TABLESPOONS OIL
1 MEDIUM CARROTS, CHOPPED (1/4 CUP)
1 MEDIUM CELERY STICK, CHOPPED (1/4 CUP)
1/2 TEASPOON MINCED GARLIC
1/2 CUP CHICKEN BROTH**

**1 PACKAGE UNCLE BEN'S LONG GRAIN & WILD RICE (COOKS IN 5 MINUTES)
2 CUPS WATER
2 TABLESPOONS BUTTER**

TO MAKE THE RICE: IN A SAUCEPAN, ADD 2 CUPS WATER AND BUTTER. STIR IN RICE AND CONTENTS OF SEASONING PACKET. BRING TO A BOIL. COVER TIGHTLY AND REDUCE HEAT TO SIMMER UNTIL ALL WATER IS ABSORBED, ABOUT 5 MINUTES.

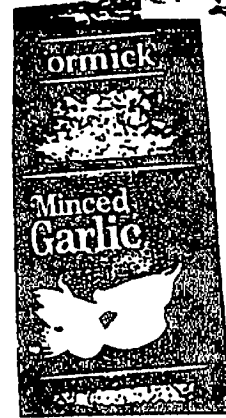
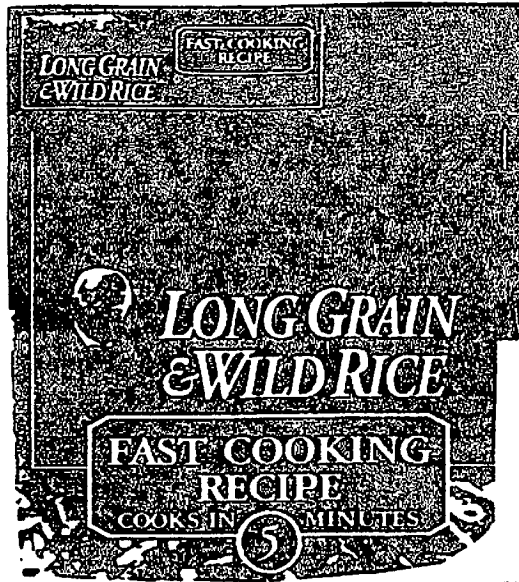
IN A LARGE BOWL, COMBINE THE ONIONS, LIME JUICE, SALT AND PEPPER. ADD THE CHICKEN AND TOSS TO COAT WELL. COVER AND REFRIGERATE FOR AT LEAST 3 TO 6 HOURS. REMOVE THE CHICKEN FROM THE MARINADE AND PAT IT DRY WITH PAPER TOWELS. DRAIN THE MARINADE IN A COLANDER SET OVER A LARGE BOWL, AND RESERVE BOTH THE LIQUID AND THE CHICKEN.

IN A KETTLE, HEAT THE OIL OVER MEDIUM TEMPERATURE. COOK 1/2 OF THE CHICKEN , TURNING OFTEN, UNTIL BROWNED ON ALL SIDES, ABOUT 6 MINUTES . DRAIN CHICKEN ON PLATE AND PAPER TOWELS. ADD REST OF CHICKEN AND BROWN AND THEN DRAIN.

ADD MARINATED ONIONS, CARROTS, CELERY, GARLIC TO KETTLE, COOK OVER MEDIUM TEMPERATURE, STIRRING OFTEN WITH WOODEN SPOON, UNTIL THE ONIONS ARE SOFTENED, ABOUT 8 MINUTES.

STIR IN CHICKEN BROTH AND THE RESERVED MARINADE LIQUID, BRING TO A BOIL.

**RETURN THE CHICKEN TO KETTLE, REDUCE THE HEAT TO MEDIUM LOW AND SIMMER COVERED UNTIL THE CHICKEN IS HEATED THROUGH. ABOUT 10 MINUTES. ADD RICE AND MIX WELL.
MAKES 4 TO 6 SERVINGS.**



JOLLOF RICE

1 POUND CHICKEN STIR AND FRY
1/2 TEASPOON SALT
1/4 TEASPOON BLACK PEPPER
1/4 CUP VEGETABLE OIL
1 MEDIUM ONION, FINELY CHOPPED (1/4 CUP)
1/4 POUND CHOPPED HONEY GLAZED HAM (1/2 CUP)
2 CUBES BEEF BOUILLON, FINELY CHOPPED
1/4 TEASPOON GROUND RED PEPPER
1 1/2 CUPS WATER
1 6-OUNCE CAN TOMATO PASTE
1 1/2 CUPS UNCOOKED RICE (UNCLE BEN'S INSTANT RICE,
COOKS IN 5 MINUTES)
1 BOX FROZEN DELUXE TINY TENDER PEAS, (10 OUNCES)

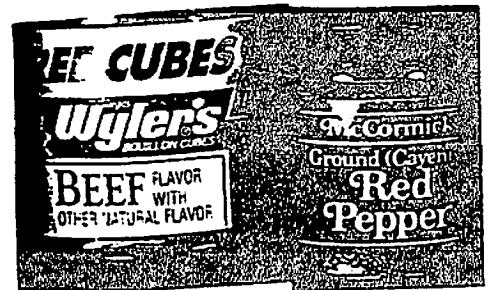
SEASON CHICKEN WITH SALT AND PEPPER.
IN A LARGE SKILLET, HEAT OIL OVER MEDIUM TEMPERATURE FOR 4
TO 5 MINUTES. ADD 1/2 OF THE CHICKEN AND BROWN ON ALL
SIDES. DRAIN CHICKEN ON PLATE AND PAPER TOWELS. ADD THE
REMAINING CHICKEN, BROWN AND DRAIN.

PLACE CHICKEN IN KETTLE AND SET ASIDE.

ADD ONIONS AND HAM TO OIL IN SKILLET AND SAUTE UNTIL
ONIONS ARE TRANSPARENT. DRAIN ON PLATE AND PAPER TOWELS
AND ADD TO KETTLE. ADD BOUILLON CUBES, RED PEPPER, 1 1/2
CUPS WATER, AND TOMATO PASTE TO KETTLE AND STIR WELL.
SIMMER OVER LOW HEAT FOR ABOUT 10 MINUTES.

ADD UNCOOKED RICE TO SKILLET AND STIR TO COAT WITH OIL.
ADD RICE AND VEGETABLE TO KETTLE, STIR WELL AND COVER.
COOK OVER LOW HEAT 15 TO 20 MINUTES OR UNTIL VEGETABLES
AND RICE ARE TENDER.

MAKES 6 SERVINGS.



AFRICAN BEEF STEW

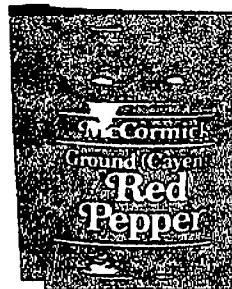
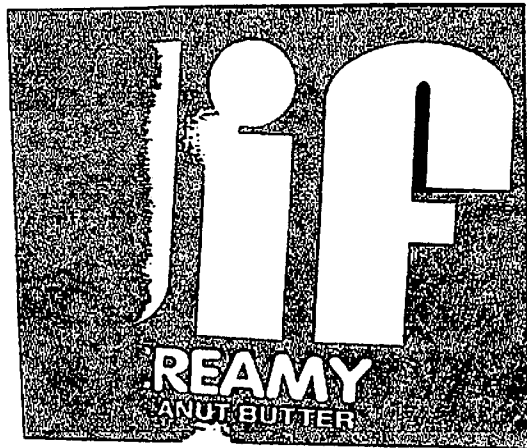
2 TABLESPOONS OIL
1 CUP ONIONS, CHOPPED FINELY
1 POUND GROUND CHUCK
1 1/2 CUPS CHICKEN BROTH
1/4 CUP PEANUT BUTTER
1/4 CUP TOMATO PASTE
1/2 TEASPOON SALT
1/4 TEASPOON GROUND RED PEPPER (CAYENNE)
1 PACKAGE (10 OUNCES) FROZEN CORN

HEAT OIL IN A LARGE SKILLET OVER MEDIUM TEMPERATURE.

STIR IN ONIONS AND COOK OVER MEDIUM TEMPERATURE 4 TO 5 MINUTES OR UNTIL TRANSLUCENT. ADD GROUND CHUCK AND COOK 5 MINUTES, STIRRING WITH A WOODEN SPOON TO BREAK UP CHUNKS, OR UNTIL BROWNE. DRAIN IN A COLANDER AND A BOWL. WIPE OUT SKILLET WITH PAPER TOWELS.

IN SKILLET, STIR IN BROTH, PEANUT BUTTER, TOMATO PASTE, SALT AND RED PEPPER UNTIL WELL BLENDED (MIXTURE WILL THICKEN)

STIR IN FROZEN CORN AND COOKED GROUND CHUCK, REDUCE HEAT, COVER AND SIMMER 5 TO 7 MINUTES UNTIL CORN AND GROUND CHUCK ARE HOT. UNCOVER AND SIMMER 5 MINUTES LONGER FOR FLAVORS TO BLEND.



GOLD AND WHITE CORNBREAD

1 CUP YELLOW CORNMEAL
1 CUP FLOUR
1/4 CUP SUGAR
1 TABLESPOONS BAKING POWDER
1/2 TEASPOON SALT

1 CAN (15 1/4 OZ.) WHOLE KERNEL GOLD & WHITE CORN (DRAINED)
1 CAN (14 3/4 OZ.) CREAM STYLE WHITE CORN
1/2 CUP BUTTER, MELTED (1 STICK)
1/4 CUP MILK
2 EGGS, BEATEN

IN A LARGE MIXING BOWL, ADD THE FOLLOWING INGREDIENTS: YELLOW CORNMEAL, FLOUR, SUGAR, BAKING POWDER AND SALT; MIX WELL WITH WOODEN SPOON.

IN A SMALL MIXING BOWL COMBINE, WHOLE KERNEL CORN, CREAM STYLE CORN, MELTED BUTTER, MILK AND EGGS; MIX WELL WITH WOODEN SPOON AND POUR MIXTURE INTO FLOUR MIXTURE AND STIR JUST ENOUGH TO BLEND AND MOISTEN THE FLOUR MIXTURE. POUR MIXTURE INTO A PAMED 9-INCH BAKING PAN AND BAKE AT 400 DEGREES FOR 20 TO 25 MINUTES OR UNTIL CORNBREAD IS A LIGHT GOLDEN BROWN.

NOTE: WILL MAKE 12 LARGE MUFFINS AND CAN BE BAKED IN MUFFIN CUPS AT 400 DEGREES FOR 15 TO 20 MINUTES.

8- INCH PAN MAY BE USED, BAKE AT 400 DEGREES FOR 25 TO 30 MINUTES.

Domino
PURE CANE GRANULATED
SUGAR



**CLABBER
GIRL**



The DOUBLE ACTING
BAKING POWDER

ALL-PURPOSE



MAC'S CORN BREAD

(THIS BREAD TASTES LIKE CAKE AND STAYS MOIST FOR DAYS)

1/2 CUP YELLOW CORN MEAL
1/2 CUP FLOUR
3 TEASPOONS BAKING POWDER
1 EGG, BEATEN
1/3 CUP WATER
1/2 TEASPOON SALT
1/3 CUP SUGAR
2/3 CUP EVAPORATED MILK
3 TABLESPOONS MELTED VEGETABLE SHORTENING

PREHEAT OVEN TO 400 DEGREES.

IN A LARGE MIXING BOWL ADD THE FOLLOWING: CORNMEAL, FLOUR, BAKING POWDER, SALT, SUGAR, BEATEN EGG, WATER, EVAPORATED MILK AND MIX WELL WITH WOODEN SPOON AND THEN ADD THE 3 TABLESPOON MELTED SHORTENING. MIX AGAIN THE INGREDIENTS WELL WITH WOODEN SPOON.

MELT 3 TABLESPOONS OF SHORTENING (ADDITIONAL AMOUNT) IN 9-INCH BAKING PAN, WHILE THE SHORTENING IS STILL HOT, POUR THE BATTER INTO THE BAKING PAN. PLACE PAN IN OVEN FOR 15 MINUTES.

MAKES 6 SERVINGS.

CLABBER GIRL



The DOUBLE ACTING
BAKING POWDER

ALL-PURPOSE



Yellow
**Corn
Meal**
Enriched and Degerminated



**EVAPORATED
MILK**
VITAMIN D ADDED

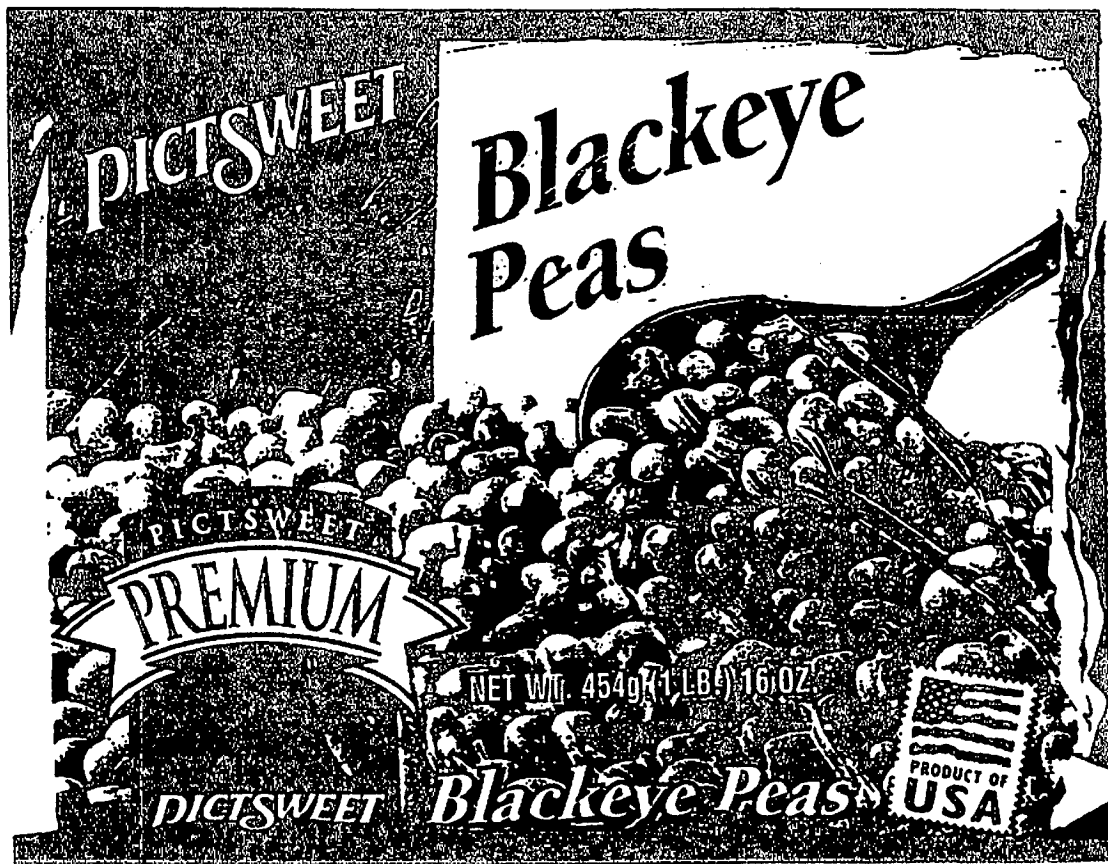


BLACKEYE PEAS AND HAM

1 PACKAGE (16 OZ.) FROZEN BLACKEYE PEAS
1/2 CUP CHOPPED ONIONS
2 OZ. LEAN HAM, COOKED AND CUBED
1 1/2 CUPS WATER
1/4 TEASPOON SALT
1/2 TEASPOON PEPPER

IN A SAUCEPAN COMBINE ALL INGREDIENTS. MIX WELL WITH WOODEN SPOON. BRING TO A BOIL. COVER WITH LID AND REDUCE HEAT TO MEDIUM LOW AND COOK FOR 30 TO 35 MINUTES OR UNTIL PEAS ARE TENDER.

DO NOT OVER COOK.



APPLESAUCE SWEET POTATO BAKE

1 CAN (18 OUNCES) VACUUM PACKED SWEET POTATOES — DRAIN
1 CUP APPLESauce
1/3 PACKED BROWN SUGAR
1/4 CUP CHOPPED NUTS (OPTIONAL)
1/2 TEASPOON CINNAMON
2 TABLESPOONS SOFTENED BUTTER

HEAT OVEN TO 375 DEGREES.

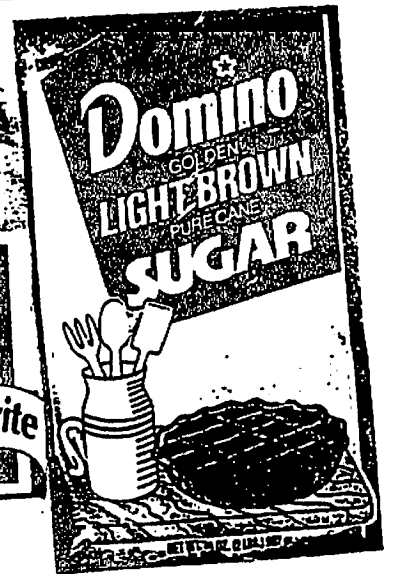
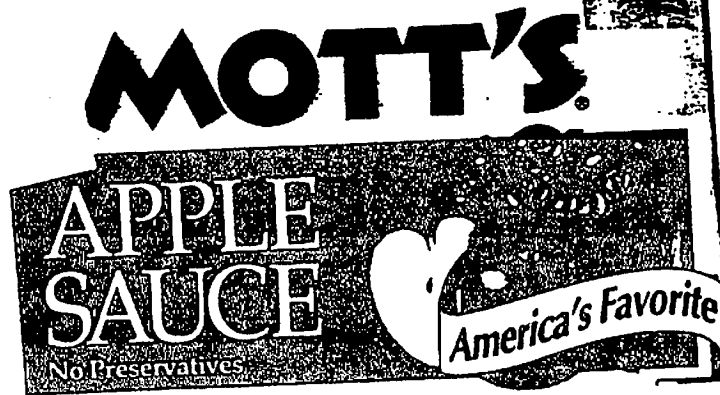
LIGHTLY PAM 9-INCH BAKING PAN.

PLACE CUT SWEET POTATOES (CUT EACH POTATO LENGTHWISE IN HALF.)
CUT SIDES UP. SPREAD WITH APPLESauce. MIX BROWN SUGAR AND
CINNAMON IN A SMALL BOWL AND SPRINKLE OVER APPLESauce. DOT WITH
BUTTER. COVER WITH FOIL AND BAKE FOR 20 MINUTES OR UNTIL HOT.

INGREDIENTS: YAMS, WATER, CORN SYRUP, SUGAR,
BROWN SUGAR, MODIFIED FOOD STARCH, SALT,
CINNAMON, NUTMEG.

ground
CINNAMON®

NET WT. 3-1/2 OZ. (99.2 g)



PINEAPPLE DELUXE CREAM PIE

- 1 LARGE CAN CRUSHED PINEAPPLE
(DO NOT DRAIN)
- 1 LARGE PACKAGE INSTANT VANILLA PUDDING
- 1 CUP (8 - OUNCE) SOUR CREAM
- 1 CONTAINER (12 OUNCE) COOL WHIP WHIPPED TOPPING,
THAWED

IN A LARGE MIXING BOWL, ADD PINEAPPLE, PUDDING AND SOUR CREAM, MIX WELL WITH ELECTRIC MIXER (APPROX. 3 MINUTES) USING A RUBBER SPATULA, CLEAN THE SIDES OF THE BOWL AND MIX AGAIN FOR 1 MINUTE. POUR MIXTURE INTO A BAKED PIE CRUST. CHILL FOR 2 TO 3 HOURS. GARNISH PIE WITH 12 OUNCE CONTAINER OF COOL WHIPPED. REFRIGERATE IMMEDIATELY.

PIE CRUST

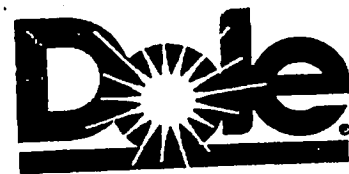
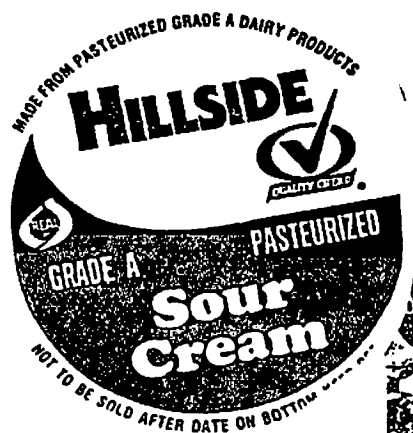
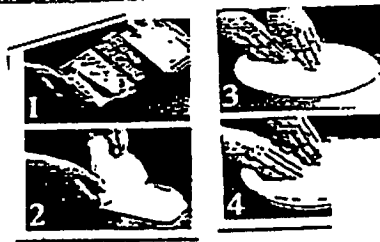
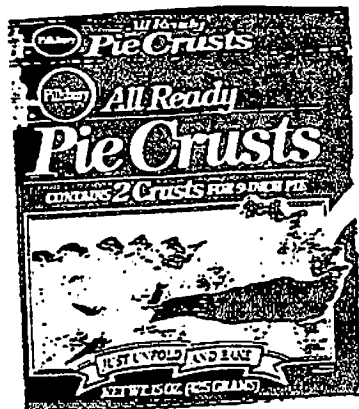
- 1 (9-INCH) PILLSBURY REFRIGERATED PIE CRUST - BAKED

UNFOLD CRUST AND PEEL OFF PLASTIC SHEETS. PRESS OUT FOLD LINES. (IF CRUST CRACKS, WET FINGERS AND PUSH EDGES TOGETHER.)

TAKE ROLLING PIN AND ROLL FOUR STROKES IN EACH DIRECTION.

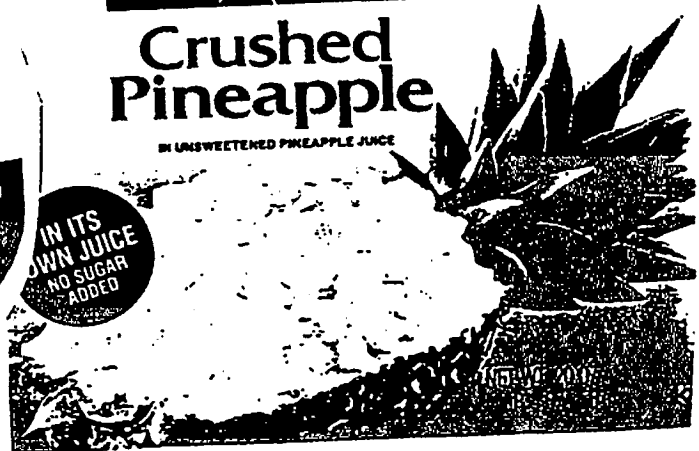
FOLD CRUST IN HALF AND PLACE CRUST, INTO 9-INCH PIE PAN. EASE CRUST INTO PAN, GENTLY PRESS TOWARD CENTER TO VOID STRETCHING. PRESS FIRMLY AGAINST SIDES AND BOTTOM.

FOLD UNDER EDGE OF CRUST ALONG PAN EDGE. FLUTE EDGE WITH FINGERS. GENEROUSLY PRICK BOTTOM AND SIDES OF THE PAN WITH FORK. BAKE IN OVEN AT 400 DEGREES FOR 9 TO 11 MINUTES OR UNTIL LIGHTLY BROWN. COOL.



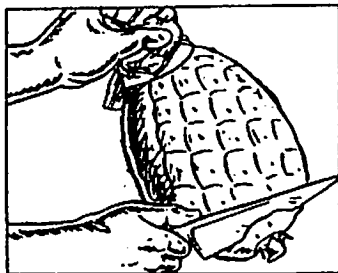
Crushed Pineapple

IN UNSWEETENED PINEAPPLE JUICE

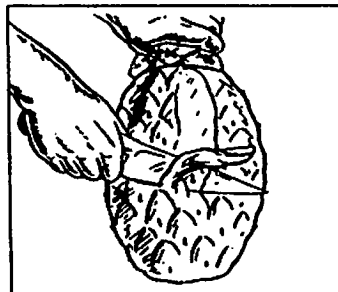


HOW TO PEEL A PINEAPPLE

1. Wrap a dish towel around the bushy head and hold the pineapple firmly. Lay it on its side and cut off the knobby attachment at the base, using a wide bladed sharp knife.



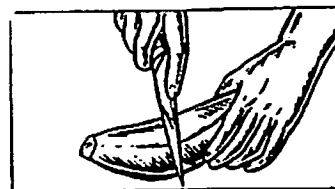
2. Continue to hold the pineapple by the bushy top. Stand the pineapple on this flat base and place the knife as close as possible to the bushy top slice off the skin with a downward action, straight to the bottom. Make each slice deep to cut away most of the little nodules under the skin. Repeat this, turning the pineapple around to remove each slice.



3. Cut off the bushy top, then divide the pineapple lengthwise into quarters. Cut each quarter lengthwise into two or three slices, thus allowing for the sweetest part of the pineapple (at the bottom) to be evenly distributed.



PREPARING AND COOKING PLANTAINS



TO PEEL A PLANTAIN (OR GREEN BANANA)

Using a small sharp vegetable knife, trim the plantain and cut in half. Make three or four slits lengthwise in the skin, without cutting the flesh. Lift off the edge of a slit and run the tip of your thumb under the edge, lengthwise, peeling back and removing all of the skin.

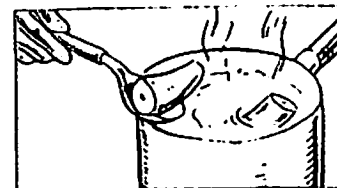


TO MAKE FUFU

Fufu is usually made by pounding cooked root vegetables in a mortar. There are many types of fufu — this one is made with boiled green plantains. I use a food processor and 'like magic' the plantain rolls into the perfect oval shape, without any effort from me.



Boil the green plantain until just cooked, then put into the bowl of a blender or food processor. Sprinkle with water and blend. Keep hot in foil, until ready for use, then slice and serve. Serve with soups or stews.



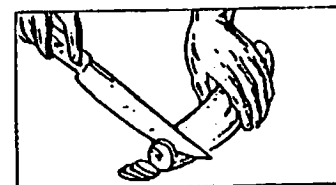
TO BOIL

Put the peeled plantains into a saucepan of boiling, salted water, to which 1 tsp of cooking oil has been added (this helps to stop them discoloring). Alternatively, boil the plantains in their skins (after slitting them) until tender.



TO PREPARE RIPE PLANTAINS

Ripe plantains are easier to peel. Follow the method above. They can be boiled (better when firm) or sliced and fried. Over-ripe plantains make a delicious snack — try Tatule, for example (see p. 28).



TO MAKE PLANTAIN CHIPS FROM GREEN PLANTAINS

Peel, then slice with a sharp knife into thin rounds, or use a slicer for potato chips and then fry the plantains in hot oil until golden brown and crisp, then drain on paper towels. Sprinkle with salt, if desired and store in an airtight tin. Serve as a snack or appetizer, separately or mixed with nuts.

Template for oral presentation of food

La Présentation Orale – La Cuisine

1. J'ai préparé_____.
2. Les ingrédients dans cette recette sont_____.
3. Pour commencer la recette, j'ai_____.
4. Puis, j'ai_____.
5. Après ça, j'ai_____.
6. Enfin, j'ai_____.
7. Je pense que cette recette était_____ à préparer.

Vocabulaire Utile

ajouter – to add (J'ai ajouté)

mélanger – to mix (J'ai mélangé)

mettre au four – to put in the oven (Je l'ai mis au four)

les ingrédients – ingredients

fouetter – to whip (J'ai fouetté)

battre – to beat (J'ai battu)

couper – to cut (J'ai coupé)

beurrer – to butter (J'ai beurré)

séparer les oeufs – to separate the eggs (J'ai séparé)

verser – to pour – (J'ai versé)

laisser reposer – let stand (Je l'ai laissé reposer)

faire fondre – to melt (J'ai fait fondre)

casser en morceaux – to break into pieces (J'ai cassé)

éplucher – to peel (J'ai épluché)

facile – easy

difficile - difficult



"You may add other verbs to this template as needed".

Nom_____

Ecoutez la présentation et écrivez les suivants:

1. Le nom de la recette

2.Trois ingrédients_____

3. Le pays d'origine de la recette

4. Le niveau de difficulté de la recette

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